



# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### SEVERE WEATHER PREPAREDNESS WEEK

This time of the year marks the beginning of severe weather season in Kansas. More storms means more chances for disaster to strike, so, take the steps to be ready before the storms hit. Remember, **the best time to act is NOW!** Preparedness begins with 4 steps:

**BE INFORMED** Know about the disasters in your area and keep up with your local weather forecasts.

**MAKE A PLAN** Your plans should include important contact information, evacuation routes, & shelters.

**BUILD A KIT** Include essentials like food, water, flashlights, important documents, and prescriptions.

**TAKE ACTION** Increase your level of preparedness by practicing your plans and taking CPR & first aid courses.

Visit [ready.gov](https://www.ready.gov) for more information and start your preparedness journey today!

### MARY L. BENTON MEMORIAL SCHOLARSHIP

The Mary L. Benton Memorial Scholarship is open for applications! This scholarship is available for graduating Cowley County high school students pursuing an education in a healthcare-related field.

Two scholarships of \$500 each will be paid directly to the awardees' school of choice.

For eligibility, requirements, or to apply:

[survey.alchemer.com/s3/8188238/Mary-L-Benton-Memorial-Scholarship-2025](https://survey.alchemer.com/s3/8188238/Mary-L-Benton-Memorial-Scholarship-2025)

### LEAD POISONING PREVENTION

Lead exposure is extremely hazardous especially for young children, leading to:

- **Brain & nervous system damage**
- **Slowed growth & development**
- **Learning & behavioral problems**
- **Hearing & speech problems**

Getting your child's blood lead levels tested is the best way to find out if exposure has occurred and to then determine what steps to take to prevent further exposure.

Call the Health Department and schedule your appointment today! To learn more, visit our lead poisoning prevention webpage:

[CowleyCountyKS.gov/LeadPoisoningPrevention](https://www.cowleycountyks.gov/LeadPoisoningPrevention)



### PODCAST SEASON 3

Check out the latest episode of our podcast where Tom & Ally sit down to talk about our new **Annual Report**. Learn all about the milestones, achievements, & activities of your Health Department in 2024.

Check it out on any of your favorite podcast platforms or give it a listen on YouTube at [youtu.be/toZjplCwrDQ](https://youtu.be/toZjplCwrDQ)

### FEELING SICK?

#### STAY HOME

Make sure to get plenty of rest & take it easy. Your body needs time to fight off the infection & recover.

#### ISOLATE

Avoiding social or group activities until you have fully recovered will help ensure that you do not spread your illness to others

#### GET TESTED

Many infections have similar flu-like symptoms. Getting tested will help determine what illness you may have.

#### WASH YOUR HANDS

Keeping your hands clean can help to stop the spread of illness.

#### CLEAN & DISINFECT

Use an effective disinfectant to keep high-touch surfaces like countertops & door knobs clean.

#### DRINK & EAT

Being sick can take its toll, so make sure you are staying hydrated and getting plenty of nutrition.

#### TAKE MEDICINE

Use over-the-counter medicines to help alleviate your symptoms.